

USDA National Nutrient Database for Standard Reference Release 28

Full Report (All Nutrients) 01106, Milk, goat, fluid, with added vitamin D

Report Date: December 09, 2015 16:31 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 fl oz 30.5g		1 cup 244g		1 quart 976g
Proximates									
Water	g	87.03	196	0.146		26.54		212.35	
Energy	kcal	69	--	--		21		168	
Energy	kJ	288	--	--		88		703	
Protein	g	3.56	132	0.033		1.09		8.69	
Total lipid (fat)	g	4.14	269	0.053		1.26		10.10	
Ash	g	0.82	229	0.002		0.25		2.00	
Carbohydrate, by difference	g	4.45	--	--		1.36		10.86	
Fiber, total dietary	g	0.0	--	--		0.0		0.0	
Sugars, total	g	4.45	--	--		1.36		10.86	
Minerals									
Calcium, Ca	mg	134	94	1.675		41		327	
Iron, Fe	mg	0.05	23	0.004		0.02		0.12	
Magnesium, Mg	mg	14	63	1.224		4		34	
Phosphorus, P	mg	111	60	2.054		34		271	
Potassium, K	mg	204	96	7.139		62		498	
Sodium, Na	mg	50	68	1.512		15		122	
Zinc, Zn	mg	0.30	1	--		0.09		0.73	
Copper, Cu	mg	0.046	--	--		0.014		0.112	
Manganese, Mn	mg	0.018	--	--		0.005		0.044	
Selenium, Se	µg	1.4	5	0.410		0.4		3.4	
Vitamins									
Vitamin C, total ascorbic acid	mg	1.3	57	0.108		0.4		3.2	
Thiamin	mg	0.048	22	0.005		0.015		0.117	

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 30.5g	1 cup 244g	1 quart 976g
Riboflavin	mg	0.138	61	0.008	0.042	0.337	1.347
Niacin	mg	0.277	21	0.012	0.084	0.676	2.704
Pantothenic acid	mg	0.310	23	0.023	0.095	0.756	3.026
Vitamin B-6	mg	0.046	3	--	0.014	0.112	0.449
Folate, total	µg	1	18	--	0	2	10
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	1	18	--	0	2	10
Folate, DFE	µg	1	--	--	0	2	10
Choline, total	mg	16.0	--	--	4.9	39.0	156.2
Vitamin B-12	µg	0.07	45	0.005	0.02	0.17	0.68
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	57	--	--	17	139	556
Retinol	µg	56	--	--	17	137	547
Carotene, beta	µg	7	--	--	2	17	68
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	198	--	--	60	483	1932
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.07	--	--	0.02	0.17	0.68
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	1.3	--	--	0.4	3.2	12.7
Vitamin D3 (cholecalciferol)	µg	1.3	--	--	0.4	3.2	12.7
Vitamin D	IU	51	--	--	16	124	498
Vitamin K (phylloquinone)	µg	0.3	--	--	0.1	0.7	2.9
Lipids							
Fatty acids, total saturated	g	2.667	--	--	0.813	6.507	26.030
4:0	g	0.128	14	0.010	0.039	0.312	1.249
6:0	g	0.094	14	0.007	0.029	0.229	0.917
8:0	g	0.096	15	0.009	0.029	0.234	0.937
10:0	g	0.260	15	0.031	0.079	0.634	2.538
12:0	g	0.124	15	0.012	0.038	0.303	1.210
14:0	g	0.325	17	0.020	0.099	0.793	3.172

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 30.5g	1 cup 244g	1 quart 976g
16:0	g	0.911	17	0.043	0.278	2.223	8.891
18:0	g	0.441	17	0.037	0.135	1.076	4.304
Fatty acids, total monounsaturated	g	1.109	--	--	0.338	2.706	10.824
16:1 undifferentiated	g	0.082	7	0.014	0.025	0.200	0.800
18:1 undifferentiated	g	0.977	17	0.047	0.298	2.384	9.536
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.149	--	--	0.045	0.364	1.454
18:2 undifferentiated	g	0.109	13	0.008	0.033	0.266	1.064
18:3 undifferentiated	g	0.040	10	0.008	0.012	0.098	0.390
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	11	36	0.801	3	27	107
Amino Acids							
Tryptophan	g	0.044	--	--	0.013	0.107	0.429
Threonine	g	0.163	--	--	0.050	0.398	1.591
Isoleucine	g	0.207	--	--	0.063	0.505	2.020
Leucine	g	0.314	--	--	0.096	0.766	3.065
Lysine	g	0.290	--	--	0.088	0.708	2.830
Methionine	g	0.080	--	--	0.024	0.195	0.781
Cystine	g	0.046	--	--	0.014	0.112	0.449
Phenylalanine	g	0.155	--	--	0.047	0.378	1.513
Tyrosine	g	0.179	--	--	0.055	0.437	1.747
Valine	g	0.240	--	--	0.073	0.586	2.342
Arginine	g	0.119	--	--	0.036	0.290	1.161
Histidine	g	0.089	--	--	0.027	0.217	0.869
Alanine	g	0.118	--	--	0.036	0.288	1.152
Aspartic acid	g	0.210	--	--	0.064	0.512	2.050
Glutamic acid	g	0.626	--	--	0.191	1.527	6.110
Glycine	g	0.050	--	--	0.015	0.122	0.488

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 30.5g	1 cup 244g	1 quart 976g
Proline	g	0.368	--	--	0.112	0.898	3.592
Serine	g	0.181	--	--	0.055	0.442	1.767
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0